



News Release

Women's Health Expo at the U of M Crookston on Thursday, November 7, 2013, in Heritage Hall Classroom from 5 to 7 p.m.

*By Itollefs on   Wednesday, October 30, 2013* Looking for inspiration, laughter, and tips on how to improve yourself? A Women's Health Expo will be held at the University of Minnesota Crookston on Thursday, November 7, 2013, from 5 to 7 p.m. in the Heritage Hall Classroom. The event is free and the public is invited to hear guest speakers Annabelle Narlock share her story of survival and success; Sue Thompson, a certified trainer in Laughter Yoga, will facilitate a session; and Megan Scott, an acupuncturist will share nutrition tips and tricks. Appetizers and refreshments will be served following the expo. Door prizes will be given away and you will have the opportunity to network with members of the campus and community. For information on the expo, contact Alysa Tulibaski at 218-281-8570. The event is sponsored by the UMC Women's Commission. Today the University of Minnesota Crookston delivers 28 bachelor's degree programs, 20 minors, and 39 concentrations on campus--as well as 11 degrees online--in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology. With an enrollment of 1,800 undergraduates from 25 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit [www.umcrookston.edu](http://www.umcrookston.edu).

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